



# The Nessie



## *Newsletter of the Clan Fraser Society of North America®*

Fall Issue

October 2025

### **From the Editor:**

This issue highlights the 50<sup>th</sup> anniversary of Clan Fraser, as celebrated at the Grandfather Mountain Highland Games in July. Hope you were there as it was a glorious event.

This issue also welcomes **Bruce Simpson** as the new editor of the Single Malt Whisky column. Bruce is an incredibly qualified expert in the field, as you can read at the beginning of his first contribution. This issue also welcomes **Julie Hegle** as our new Clan Genealogist, and **Jerry Cornwell** as our Clan's Historian. The addition of these great CFSNA members greatly enriches our Clan and its activities.

In addition, there are reports on numerous games, notes from our Fraser clansmen, **Cheryl Morrison's** "Scottish Cooking" column, several articles in the Scottish History column, and lots more. I hope you enjoy this fall issue of The Nessie!

### **A Message from the Chairman of CFSNA®**

As I sit here preparing to write my final note as CFSNA® Chairman, I look back over the past 7 years that I have served on the Board, first as Vice Chairman and then Chairman, and am amazed at how far we have come. I am proud to have been a part of the growth and advancement of the Society. Over that period, we were able to incorporate as a non-profit and get 501c7 status from the IRS. We have also grown our membership to more than double from what it was at the start of this journey. I would like to thank all the Board members, past and present, as well as the Conveners that have taken our story to the games and made the growth happen. This past year was highlighted by two very significant events as part of the games season that made me proud to be your Chairman.

First, in July, at the Grandfather Mountain Highland Games (GMHG) we celebrated the 50<sup>th</sup> Anniversary of CFSNA®. This event was well attended and I believe everyone has a great time with Sunday culminating in CFSNA® being named **GMHG Clan of Excellence 2025**. I want to thank everyone that had a part in making it such a successful event, but would especially like to recognize **Penny Oliver, Kim Frazier, Kevin Limer**, and **Mary Lumpkin** for their efforts as the 50<sup>th</sup> Anniversary Planning Committee and **Ian Fraser** and **Jim Oliver** for organizing and executing the Haggis Ceremony.

Second, in August, **Terese VanHout** and **Leslie Fraser-Bozek** hosted **Katherine Fraser, 22<sup>nd</sup> Lady Saltoun**, Chief of the Name and Arms of Clan Fraser, at the 80<sup>th</sup> Anniversary Fergus Scottish Festival and Highland Games in Fergus, Ontario. Based on the photos on Facebook and feedback from Terese and Leslie, it must have been a wonderful celebration, again ending in an award for CFSNA®. Congratulations to Terese and Leslie and all involved on the award for **Best Clan Tent** and thanks to both of them for all they do.

I am very proud of how far we have come and look forward to seeing CFSNA® thrive and grow for years to come. Thank you to the entire membership your support at all the events throughout the year.

I would like to close with a request to the entire membership. This past year we had a very difficult time finding a member willing to stand for Chairman to replace me as I depart. We did have someone step forward and you will be seeing the election notice in the near future. Next year we have 2 of 3 officers that will be term limited at the end of 2026 and will need replacements. I ask that everyone consider serving in a leadership role on the CFSNA® Board. If you would be willing to serve, please provide your name and contact information to our Vice Chairman, Leslie Fraser-Bozek, via email at [vicechair@cfsna.com](mailto:vicechair@cfsna.com).

Slàinte Mhòr, **Paul B. Clark**  
Chairman, CFSNA®

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### **2025 CFSNA Annual General Meeting** **Saturday November 8, 2025 at 4:00 pm Eastern Time**

This will be a Zoom meeting and will require members to have computer access to attend. An email will be sent to all current regular members allowing for registration for the meeting. This is necessary to get a count of attendees and to know who to provide access information for the call. Please respond to the email as soon as possible if you would like to attend.

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### **Welcome New Members**

Through the end of September, we have 35 new members! Welcome all to our Clan!!

|                    |              |    |                   |                        |    |
|--------------------|--------------|----|-------------------|------------------------|----|
| John Arbuckle      | Flagstaff    | AZ | Scott Hill        | Gold Bar               | WA |
| Robert Baker       | Graham       | NC | Kevin Iocovozzo   | Savannah               | GA |
| Leslie Bozek       | Grand Rapids | MI | Erin Jenkins      | Savannah               | GA |
| Richard Cowick     | Aiken        | SC | Deborah Kopf      | Mt. Pleasant           | SC |
| Stephen Dean       | Jacksonville | FL | Joseph Leonard    | Charleston             | SC |
| Sherry Erickson    | Annapolis    | MD | Mary Lumpkin      | Cary                   | NC |
| Todd Fleischer     | Omaha        | NE | Leslie Mattocks   | Clinton                | NC |
| Henry Fraser       | Tampa        | FL | David McKamey     | Dalton                 | GA |
| George Fraser      | Lyons        | GA | Heather Parker    | Alexandria             | VA |
| James Fraser       | Charlotte    | NC | Margaret Roediger | Summerville            | SC |
| Caroline Fraser    | Chapel Hill  | NC | Daniel Simons     | Natural Bridge Station | VA |
| <u>Paul Fraser</u> | Nokesville   | VA | Jeanna Simons     | Soperton               | GA |
| <u>Jeff Fraser</u> | Woodbridge   | VA | Lisa Simpson      | Clarksdale             | AZ |
| Barbara Fraser     | Saint Albans | VT | Keegan Smith      | Soperton               | GA |
| Glenn Frasier      | Cumming      | GA | Luke Taylor       | Kechi                  | KS |
| John Frazier       | Brooksville  | FL | Jarrett Twaddle   | San Antonio            | TX |
| Daniel Hayne       | Charleston   | WV | Deborah Webster   | Moorestown             | NJ |
| Juliane Hegle      | St Albans    | VT |                   |                        |    |

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## Flowers of the Forest

John Bane sends this:

**John Paul "Jack" Simpson** passed away on June 8, 2025, at ECU Health Care, in Greenville, NC. His memorial service was held that day at his home church, St. Andrew's Episcopal Church, in Morehead City, NC. Among his many other interests and accomplishments, Jack was a proud descendant of the Frasers of Lovat. In the final years of his life, Jack suffered from severe diabetes, resulting in notable loss of weight and the amputation of one of his legs. Unable to participate any longer in Scottish heritage events, Jack was kind enough to gift me all of his Fraser Scottish regalia. I have worn Jack's kilt and other accessories to honor him since that time. Additional information about Jack can be viewed at this link:

<https://www.mundenfuneralhome.com/obituaries/john-simpson>

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## Upcoming Games

See the CFSNA® webpage for the latest on upcoming games: <http://www.cfsna.com/Upcoming-Events>  
Also, visit HighlandGamesandFestivals.com, a website dedicated to Scottish highland games, festivals, history, and heritage. The site has lots of Scottish info other than games. Check it out!

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## Reports on Scottish Games

I am highlighting the 2025 Grandfather Mountain Highland Games in this issue, as it celebrated the 50<sup>th</sup> anniversary of Clan Fraser of North America. And what a celebration it was; ope you were there!

From **Kevin Limer**, convener of these games.

Clan Fraser Society of North America celebrated our 50th anniversary at the **Grandfather Mountain Highland Games** this past July. Despite daily rainstorms, we had a wonderful turnout, filling the 2 tents that we were allotted all 4 days.

Thursday night's annual Firey Cross Ceremony was well attended by all clans. We were treated to some truly Scottish weather with cool, misting rain and a fog that rolled in and out over the field several times through the evening. **Ben Fraser** called in CFSNA admirably.

Friday started sunny and early, with interested parties visiting our History tent as soon as the Games opened. Both tents (History & Hospitality) were filled with Frasers, family, and friends throughout the day.

Saturday, as always, was the busiest day at the meadow under the mountain, with a record number of clans attending this year. Events to mark our anniversary started with a catered BBQ lunch, followed by cake and many drams for the toasting. We held a more private and traditional Haggis Ceremony in the Chieftains Tent for CFSNA members to remember those who started our fellowship and celebrate its thriving legacy. **Jim Oliver** gamely marched the haggis in to the accompaniment of pipe and drum. **Ian Fraser** gave us a rousing "Ode to the Haggis".

Sunday brought more news to celebrate as we Frasers were awarded **Clan of Excellence** by the Games officials. **Eric Frazier** won several events, and the overall championship for the Heavy Athletics of the Games. He presented one of his plaques to CFSNA in honor of the 50th anniversary.





The Clan gathered for a group photo following the haggis ceremony.



Fraser on parade, courtesy Terry Culver



CSFNA Chairman Paul Clark and wife Margaret





Ben Fraser ready to represent the Frasers at the torchlight ceremony



Torchlight ceremony on a fog-covered field





Our own **Eric Frasure** named overall winner in men's heavy athletics at Grandfather Mountain Highland Games



The Frasers gather in the Chieftain's tent for haggis, whisky drams, address to the haggis, and great camaraderie.



CFSNA Chaiman **Paul Clark** prepares drams for all

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## **Anne-Marie Spencer: The PNW Games in Enumclaw, Clans, Ceilidhs, and Caberpalooza!**

I had the pleasure of attending the Pacific Northwest Highland Games and Clan Gathering, held July 24-26 in Enumclaw, Washington. In 2025, the games celebrated its 75th anniversary and is the 6th oldest Scottish festival in the USA!

Highlights included the North American Scottish Athletics Championship, US West Coast Drum Corps Championship, individual Piping and Drumming, Pipe Bands, and amazing Ceilidhs. Some unique features of these games included the Friday night Clan Check-in, where attending clans announced their presence and lit a torch. As they spoke, each clan moved into position to form a Flaming Saltire across the field. A lively sing along with Colin Grant-Adams also kicked off Friday's events, and it was fun to see him in a venue outside our typical Southern region games.

We also loved that the Friday night events were free. It was a wonderful opportunity to introduce people to Scottish culture, music, clans, and wares of the vendors who opened early Friday to accommodate this crowd.

Saturday kicked off the main festivities, and if there's one thing that was obvious at these games, the athletic competitions were the leading attraction! The stands were packed to watch world class athletes from around the country compete, defend their titles, and set new records. These Games offer one of the most unique and exciting cable toss events, called Caberpalooza! Athletes formed four lines at one end of the field with a caber positioned at the head of each line. The lead participant from the first line throws first and as soon as his caber lands, the second athlete moves into position to toss his or her caber. This rotation continued so that there were few moments between each caber toss, which animated the crowd and kept everything exciting and lively. Would love to see this at more games!

There was no shortage of vendors selling jewelry, clothing, Scottish decor and Celtic-inspired wares, although there weren't as many traditional Scottish food vendors as at other games I had attended. The Fraser clan was represented, and it was fun seeing **Garth and Marti Fraser** again; we had met them at the Skagit Valley, WA, games the year before.

We also loved the unique dog show, "Meet and Greet the Breeds;" just about every breed of dog with Scottish origins was represented, and owners were on hand to answer questions and encourage attendees to meet the dogs. As an avid dog lover, it was one of the highlights for me! We met Bearded, Rough, and Border collies, West Highland White, Scottish, Skye, Cairn, and Paisley Terriers, Gordon setters, Dumfriesshire hounds and Deerhounds, and my favorite, the Dandie Dinmont, an absolutely adorable little dog with endearing eyes the size of saucers! It was a wonderful learning experience. We had no idea so many dogs were Scottish breeds!

I'd encourage everyone to attend at least one games outside your typical rotation. It's so interesting to see the regional differences in the way we celebrate the magic of Scotland!

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## **Brix Fraser - 51st Annual Virginia Scottish Games- Labor Day Weekend 2025**

The 51st Annual Virginia Scottish Games were held Labor Day Weekend, Saturday and Sunday, August 30 and 31, in The Plains, VA. "Great Meadow" has been the venue for the games since 2009, having moved from Sky Meadows in Delaplane, VA, where they were held for two years after moving from Alexandria, Virginia, when Episcopal High School – the original venue – had artificial turf installed on its playing fields.

The Virginia Scottish Games Association hosted the 51st Annual Virginia Scottish Highland Games over an exciting weekend full of great events, including the Highland Athletic Competition, British Car & Motorcycle Show, Children's Games – including sword fighting (with wooden swords), approximately 35 different Clan associations, Fiddle Competition, Highland Dance, Piping and Drumming, Massed Bands, and great food and drink. Being at Great Meadow, Festival Hill, with its spectacular view and environment, always evokes the



spirit of the Scottish Highlands right here in Virginia. Clan Fraser Society of North America was once again a patron, as we've been for 15-plus years, and enjoyed some of the best scenery that Virginia has to offer as we witnessed the power and pageantry that is the Virginia Scottish Highland Games!

Clan Fraser upheld our reputation for hospitality and fellowship with three varieties of Scottish ales as well as sandwiches, chips and Clan Fraser Heart of Scotland Whisky tastings. The tent was held down by **Brix Fraser, Cindy Pryor, Bruce Simpson** and **Paul Fraser**, who were able to welcome 8 new members to Clan Fraser Society and 10 renewal memberships, as well as the sale of 16 T-shirts, 10 pins and 4 Tea Towels. Grand total revenue \$760. On Saturday, the tent was treated to a Hammer Dulcimer recital by **Ricky Simpson** (see photo).



Hammer Dulcimer recital by Ricky Simpson



Donald 'Brix' Fraser and Bruce Simpson



Bruce Simpson, Brix Fraser, Paul Fraser, Burch Fraser, Samatha Fraser, William Fraser, Jackie Fraser, Scott Fraser

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## Hal Shepherd reports on the **ASGH Games in Palmer, Alaska**

A special year for the Clan Frasers in Alaska. Once again, Clan Fraser participated in the growing popularity of the Alaska Scottish Highland Games in Palmer on June 28-29. The Frasers had another clan tent at the Games convened again this year by **Hal and Jessica Shepherd**. This year the Gathering of the Clans involved a series of activities, including the traditional Blessing of the Kirkin, Opening Ceremonies, kids events, Haggis Eating competition, Tall Tales, and our personal favorite discussing ancestry and history with visitors to the tent. Also, this year the Master of Ceremonies was none other than **Graham McTavish** of the popular "Outlander" and "Men in Kilts" series, who at the Opening Ceremonies gave special recognition to the Clan due to his "history with the Frasers." This recognition included a historical reference to 21 year-old bag piper Bill Millen who on D-Day 1944 was personal piper to Brigadier Simon Fraser, 15th Lord Lovat, commander of 1 Special Service Brigade. On D-Day Millen played his pipes on the beaches of Normandy despite heavy fire from German defenders, inspiring the troops. Hal Shepherd also represented Clan Fraser in the Kilted Mile and the Heavy Games.

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**Charlie Frasier** sent these reports on the 5 games he attended, Thanks for these, and for representing Clan Fraser at so many games!

### **Glasgow Lands Highland Games 7-19-25**

These games celebrated their 30<sup>th</sup> anniversary, held at Look Park Florence (Northampton), Massachusetts with 26 clans attending. It was a beautiful day for our first event of the season and as such, we forgot to get a picture of our clan tent or our clan parade attendees. Five new members joined CFSNA and a total of 25 people signed our clan register. These games are reputedly the 2<sup>nd</sup> largest in Massachusetts.

### **Glengarry Highland Games 8-1 & 8-2-25**

Maxville, Ontario, Canada

Unfortunately, we were unable to attend last year's games, the 75<sup>th</sup> anniversary, due to a planned trip to Scotland. We spent weeks trying to find someone to host the games, to no avail. However, these games never seem to lack for attendance as they annually host the northeast bagpipe championships, with pipe bands from across Canada and the USA competing for the opportunity to attend the Worlds, held at Glasgow, Scotland. This year 53 pipe bands were in attendance, and a total of 1222 pipers and drummers amazed the public during the mass march. We were able to enlist 5 new members and 3 return members during the 2-day event, held in the beautiful village of Maxville, Ontario. The locals have long had a tradition of placing clan banners on light poles in the village and their water tower is painted in tartan as you arrive at the village. We were



fortunate to have 18 people march with us during the clan parade of the tartans (see photo). Many of the early settlers to Glengarry County, where Scot Loyalists who left the Mohawk Valley in New York State during the Revolutionary War, settled in this part of Canada, the most notable being Brigadier General Sir John Johnson.

### Quechee Highland Games, 9-23-25 Quechee, Vermont

This year's games marked the 50<sup>th</sup> anniversary of this event. Although these games have had difficulties in past years as they lost their sponsor, Scotland by The Yard, in 2016, they have been able to persevere beyond that and the covid 19 lock downs to return to a fantastic game, since 2022 led by Clan Coordinator, **Claire MacPherson**. This year she was able to have 42 clans and societies present, the largest clan participation to date, a truly remarkable event given the difficulties of the past. It was a beautiful day held at the former polo grounds for the Quechee Polo Club, a beautiful venue in the Vermont countryside. Our clan welcomed all new clansmen; it was quite unusual that there were no prior attendees that came to the event. We were also very fortunate to have the assistance of 2 wonderful ladies, **Julie Hegle** and **Rebecca Spencer**. Julie is going to be our clan genealogist, and hopefully our clan convener for The State of Vermont, with the help of her best friend, Rebecca. Thank you both for your help with the setup and teardown, it makes our work so much easier and enjoyable. Lauri and I look forward to attending next year to assist Julie & Rebecca.



### Capital District Scottish Games Altamont, NY

A total of 42 clans and societies participated in this year's Scottish games held on Saturday 8-30-25. Over 20 pipe bands from the area and Canada competed and participated in the mass bands. The weather, although dry, was very windy and unfortunately some clan tents were destroyed by those excessive winds.



Attendance appeared to be somewhat less than years past, however those that attended the clan village and our clan tent were well informed of their clan's history. Some 13 people participated in our clan march (see photo). These are always games we enjoy attending, especially since they're only just over an hour away from home. Clan coordinator, **Chuck Tarbay**, has again done a very professional job in organizing the clans. Thank You to **Nathan and Christina Tweedie** for your help. Hope to see everyone again next year under hopefully less windy conditions, Slainte Mhath Laurilyn & Charlie Frasier



## New Hampshire Highland Games 9-19 To 9-21

Loon Mtn Ski Center, Lincoln Nh

This year's games celebrated their 50<sup>th</sup> anniversary, quite an impressive event, with 42 clans attending the 3-day event. The organizers of the games attempted to set a world record by having the largest number of bagpipers in a single performance. The record is currently owned by bagpipers in Sofia, Bulgaria, with a group of 333 bagpipers. I believe our final count was 270 pipers ... maybe next year.

We experienced a very busy weekend and were fortunate to welcome 21 new clan members. Our parade banner was carried by **Hazel Fraser Sime**, a Scottish native from Nairn, Scotland, who spent her weekend with us telling of many stories during her lifetime in Scotland. She returns to her home in Nairn on 10-8-25. Thank you, Hazel, for sharing some wonderful Fraser history with us and for carrying our clan colors during the clan parade. We were also very fortunate to have the assistance of **Sheryl Simpson**, our Maine convener, **Julia Hegle**, and to **Mike & Diane Fraser Malburne** for all your help in making the weekend very memorable. Hope to see everyone again next year for our 51<sup>st</sup> games.



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## Notes from Our Fraser Clansmen

We are pleased to announce that **Jerry Cornwell** has been named our **Clan's Historian**. See his first contribution in the "Some Scottish History" section, below.

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**Julie Hagle** writes:

Do You Enjoy the Highland Games? Do You Love Meeting New People?

The regional games and festivals are an important way that we pass along Clan history and encourage others to celebrate their Scottish heritage. You may have joined CFSNA after attending Highland Games or Festivals.

Our amazing team of conveners make all this possible and invite you to join them in hosting booths, tents, and tables at Scottish games, festivals, and events in your area. It's a fun way to meet other Clan members and share your love of Scottish heritage.

We'll be hosting one or more Zoom events to provide more information. If you're interested in learning more, please email Julie Hegle at [Julie.hegle@comcast.net](mailto:Julie.hegle@comcast.net). Hope to hear from you!

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**Brandi McGee** (Clan Fraser from her father's lineage) at the Virginia Scottish Games, where she placed 3rd in the Sword Dance for beginners 16 and over (she's 44!).



Photo of Brandi taken at the Montpelier Celtic Festival in Virginia. She placed 2nd in Flora McDonald's Fancy for beginners 16 and over

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### **Celtic Legend at the Giant's Causeway - By Rebecca Dietrich**

This summer, I had the opportunity to visit the Giant's Causeway along Northern Ireland's scenic coastline. The Giant's Causeway is a unique geological site characterized by hexagonal basalt stones that formed over 60 million years ago due to volcanic activity. These basalt stones share the same geological history as Fingal's Cave on the Isle of Staffa in Scotland. The Giant's Causeway — Northern Ireland's first UNESCO World Heritage Site — is often deemed the "eighth wonder of the world" due its magnificent rock formations and captivating folklore.

Of course, in true Celtic tradition, no landscape lives without legend. As the tale goes, an Irish giant named Fionn Mac Cumhail was feuding with the Scottish giant Benandonner, who had made a claim for Fionn's beloved Ireland. Fionn built the giant stone "causeway" to cross the Irish Sea to battle his opponent. Upon arrival, Fionn realized that Benandonner was too formidable in both size and strength for him to defeat, so he and his wife, Sadhbh, created a ruse to escape. Sadhbh disguised Fionn as a baby and tucked him into a cradle. Benandonner saw the giant "baby" and fled in fear,





believing that his Irish rivals were giants among giants! As he fled, Benandonner hastily destroyed the “causeway” to prevent the Irish giants from ever reaching Scotland.

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On my first Overseas assignment, From **Cristina Joubert**:

During my reserve assignment at RAF Edzell, I had the immense pleasure of exploring and being close to the Strathisla Distillery (home of Chivas Regal) located in Keith, Scotland. Strathisla has the distinction of being the oldest continuously operational distillery in Scotland, since 1786, and is also first on the list of the 8 most beautiful distilleries in Scotland!

Also, In 1993, while on US Naval Reserve assignment at RAF Edzell near Aberdeen in Scotland, I took a ScotRail journey to visit the *RRS Discovery* at Discovery Point in Dundee. Launched in 1901, it has the distinction of being the very last traditional ship of its kind built in the United Kingdom. The Museum is first rate and it was

wonderful being able to explore such a significant part of history!



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## Single Malt Whisky

### Scotch Tastings – The Gateway to the World of Scotch Malt Whisky

Please send all single malt whisky notes to **Bruce Simpson** at [Whisky@CFSNA.COM](mailto:Whisky@CFSNA.COM).

Bruce became a Scotch whisky enthusiast after his first trip to Scotland in 1988. There he was introduced to his first quality single malt Scotch - Bunnahabhain 12. He has been a member of the Scotch Malt Whisky Society for almost ten years. As an amateur whisky enthusiast, Bruce has completed four of the certificate courses in whisky from the Edinburgh Whisky Academy. He uses his knowledge of whisky (and even whiskey for the American and Irish varieties) to conduct whisky tastings for family and friends. His current collection contains over 125 bottles of single malt Scotch and more than 25 bottles of other whiskies. Bruce firmly believes that a dram of whisky is best shared with friends. If that's not enough, Bruce is in his third year of studying Scottish Gaelic and finds that his Gaelic always improves with a dram of whisky.

Here's his first contribution to [The Nessie](#):

I have been enjoying Scotch Malt Whisky for over 35 years, and the world of Scotch has continued to grow. There are new distilleries and new expressions every year. The choices can be overwhelming, particularly for someone just getting started. It can feel like my English friend I took to the Scotch Malt Whisky Society tasting room in London. He looked at the wall of nearly identical bottles and exclaimed, “I feel like I landed in the middle of a village without a map.” I would like this column to help you develop your own map to enjoy Scotch Malt Whisky.

A Scotch tasting is a great way to experience a variety of malts. The first tasting I went to was hosted by a Scot living in Alexandria, Virginia. His opening comments framed how I like to approach tasting Scotch. He stood in front of the crowd, Glencairn glass full of our first dram, and in his thick brogue he said, “Now some people talk about how they can smell the dew on the heather as the stag prances across the glen in the gloaming light. What rubbish! I know if I like it or not.” That, to me, is the real value of a tasting. It lets you

sample different malts and then decide whether you like them or not. But the real joy of discovery is taking it to the next level – what is it you like, or don't like, about that dram, then what is it about the style and production that produces those characteristics. Those are the kinds of topics I would like to explore in future columns. But back to Scotch tastings. . . .

Highland games are great venues for tastings. Most tastings are sponsored events. For example, if William Grant and Sons sponsors the tasting, you will get various expressions or age statements of Glenfiddich and Balvenie. There is nothing wrong with those, but they might not be new malts to you. Some of the more interesting tastings are sponsored by distributors. They are only limited by the brands they distribute. Sometimes that is an opportunity to sample new malts the distributor is promoting. That was the case for the 2024 Virginia Scottish Games. That year, the tasting was sponsored by a distributor from Maryland. While I had previously had three of the malts in the tasting, there were three new ones to me. One of those new products was a single malt from the Isle of Raasay distillery. The Isle of Raasay distillery is a relatively new distillery and the only distillery on the Hebridean island of Raasay. It started production in 2017. As a new distillery unhindered by years of tradition, it has some freedom, within the bounds of the Scotch Whisky Regulations of 2009, to experiment. The expression generally available in the United States is from their Na Sia (Gaelic for The Six) series. This series uses both unpeated and lightly peated malts matured in a mix of three casks – first fill American rye whiskey, ex-Bordeaux wine, and virgin Chinkapin oak. All the spirit is produced and matured on the island; it is bottled at 46%



ABV, natural color, and non-chill filtered. This combination produces a very light and fruity spirit with a light smoke. It pours a light copper color. On the nose I get floral scents and sweet honey with just a hint of smoke. The flavor is light but with a creamy mouth feel that is sweet and smoky. The finish lingers and develops a bit more of a sooty peat flavor. Overall, this is a very good dram, particularly for the fall as the weather starts to turn.

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### Scottish and Fraser Tidbits

Carl Jennings Frazier Smith sent this about a famous Fraser ancestor:

**Simon Joseph** was born Nov. 25, 1871, Beaulieu Highland, Scotland. Death: Feb. 18, 1933. He was the son of [Simon Fraser](#) and [Alice Weld-Blundell](#). He succeeded his father, becoming 14th Lord Lovat and 3rd Baron Lovat. He was commissioned a lieutenant in the Queen's Own Cameron Highlanders. In 1899, he founded the Lovat Scouts, which he led into action during the Second Boer War. He was also a veteran of World War One, during which he rose to the rank of Brigadier and commanded the Highland Mounted Brigade.

His numerous honors included investment as a Knight of the Thistle (KT), Knight Grand Cross of the Royal Victorian Order (GCVO), Knight Commander of the Order of St. Michael and St. George (KCMG), Companion of the Order of the Bath (CB), and a Companion of the Distinguished Service Order (DSO). The French government awarded him the Legion of Honor.

In 1910, he married the Hon. Laura Lister at Brompton Oratory in London. Father of Brigadier Simon Christopher Joseph Fraser (15th Lord Lovat and 4th Baron Lovat), DSO, MC, TD, DL, JP; Magdalen Mary



Charlotte (Fraser) Scott (Countess of Eldon); Major the Hon. Sir Hugh Charles Patrick Joseph Fraser, MBE; Hon. Veronica Nell Fraser; and Hon. Mary Diana Rose Fraser.

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#### From Brix Fraser

More than 27 million Americans today can trace their lineage to the Scots, whose bloodline was stained by centuries of continuous warfare along the border between England and Scotland. Between 250,000 and 400,000 Scots and Scots-Irish migrated to America in the eighteenth century, traveling in groups of families and bringing with them not only long experience as rebels and outcasts but also unparalleled skills as frontiersmen and guerrilla fighters. Their cultural identity reflected acute individualism, dislike of aristocracy and a military tradition, and, over time, defined the attitudes and values of the military, of working class America, and even of the peculiarly populist form of American democracy itself.

The Scots and Scots-Irish were 40 percent of the Revolutionary War army; they included the pioneers Daniel Boone, Lewis and Clark, Davy Crockett, and Sam Houston; they were the writers Edgar Allan Poe and Mark Twain; and they have given America numerous great military leaders, including Stonewall Jackson, Ulysses S. Grant, Audie Murphy, and George S. Patton, as well as most of the soldiers of the Confederacy (only 5 percent of whom owned slaves, and who fought against what they viewed as an invading army). They redefined American politics, creating the populist movement and giving the country a dozen presidents, including Andrew Jackson, Teddy Roosevelt, Woodrow Wilson, Ronald Reagan, and Bill Clinton. The Scots and Scots-Irish culture of isolation, hard luck, stubbornness, and mistrust of the nation's elite formed and still dominates blue-collar America, the military services, the Bible Belt, and country music.

The qualities that helped settle the American frontier and define the American character have many of their roots in Scotland. James Webb – author, US Senator, Navy Secretary and Marine Corps Vietnam combat veteran – chronicled in his book, *Born Fighting*, the profound, but unrecognized, role the Scots and Scots-Irish played in shaping the American character, particularly the notions of earned merit and free will. The very American notion of earned merit and “free will” to pursue one's happiness in occupation, location, association, upward mobility and ultimately, one's destiny, stemmed from the same concept within the Clan System over a thousand years ago. That is, a “crofter” renting land from a laird was free to go to the land of another laird should his talents and ambitions be acceptable to the new laird. This same measure of “free will” helps explain, in part, how any given clan may have multiple “sept” names associated with it, as coopers, or weavers, or smiths, or carpenters or bakers, etc., sought a better lot from another laird. The annual Virginia Scottish Games rekindle this piece of the American spirit and the “can do” attitude brought to these shores from the Scots and Scots-Irish over 250 years ago.

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#### A Brief History of the Bagpipes

*Celtic Life International*, Sept 23, 2025

Bagpipes are thought to have been first used in ancient Egypt. The bagpipe was the instrument of the Roman infantry while the trumpet was used by the cavalry. Bagpipes existed in many forms in many places around the world. In each country the basic instrument was the same, a bag with a chanter and one or more drones. Some of these were mouth blown while others used a bellows attachment to supply the air. The bag provided a sustained tone while the musician took a breath and allowed several tones to be played at once. The origin of the pipes in Scotland is uncertain. Some say it was a Roman import. Others believe that the instrument came from Ireland as the result of colonization. Another theory is that they were developed there independently. Historians can only speculate on the origins of the Scottish clans' piob mhor, or great Highland

bagpipe, but the Highlanders were the ones to develop the instrument to its fullest extent and make it, both in peace and war, their national instrument.

The original pipes in Scotland probably had, at the most, a single drone. The second drone was added to the



pipes in the mid to late 1500s. The first written mention of the “Great Pipes” was in 1623 when a piper from Perth was prosecuted for playing on the Sabbath. The third drone, or the great drone, came into use early in the 1700s.

In the Lowlands of Scotland, pipers occupied well-defined positions as town pipers, performers for weddings, feasts and fairs. There was no recorded “master piper” nor were there any pipe schools. Lowland pipers played songs and dance music, as was expected by their audience. Over the mountains and glens, however, Highland pipers were strongly influenced by their background of the Celtic legends and the wild

nature of the Highlands. The Highland piper occupied a high and honored position within the Clan system. To be a piper was sufficient and, if he could play well, nothing else would be asked of him.

As bagpipe use faded throughout most of Europe, a new form of music was starting in the Highlands. Beginning with Iain Odhar, who lived in the mid-1500s, the MacCrimmon family was responsible for elevating Highland pipe music to a new level, according to historians. This music is called piobaireachd (pronounced piobroch). This classical music is an art form which can compare to the music of any other country and most of it was composed 100 years before the piano and without written notation.

Clan pipers’ titles were mostly hereditary and held in much esteem. The best known were the MacCrimmons, pipers to MacLeod of Dunvegan; the MacAuthurs, pipers to MacDonald of the Isles; the MacKays, pipers to the MacKenzie; the Rankins, pipers to MacLearn of Duart.

As a musical instrument of war, the Great Pipes of the Highlands were without equal, according to historians. The shrill and penetrating notes worked well in the roar and din of battle and pipes could be heard at distances up to 10 miles. Because of the importance of the bagpipes to any Highland army, they were classified as an instrument of war by the Loyalist government during the Highland uprising in the 1700s. After the defeat of Bonnie Prince Charlie in 1745, kilts and bagpipes were outlawed, the pipes being classified as instruments of war.

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## Scottish Cooking

This column, hosted by **Cheryl Morrison** ([ancientheart9@gmail.com](mailto:ancientheart9@gmail.com)), is on Scottish cooking and recipes. As Cheryl says, “let’s explore and celebrate our shared Scottish heritage through the lens of our foodways”.

Faillte a chairdean! Welcome friends! Come have a seat around the breakfast table, where kindred folk are about and a fresh batch of hot Scottish Morning Rolls have just come out of the oven. Hope you are hungry! This traditional bakery favorite has been eaten daily all over Scotland since the 17th century. Their name originates from the fact that they are best eaten fresh from the oven for breakfast or lunch. Folks split them and smear them with butter or stuff them with Scottish breakfast meats like lorne sausage, black pudding or bacon and egg. My husband, George, says they make the best breakfast sandwich he has ever had with cheese, egg, bacon, and a thin layer of mayonnaise, (we are North Carolinians after all).



## Scottish Morning Rolls (small batch) Recipe courtesy of Marie Rayner

Serves: 4-5

Total Time: 2.5 hrs. (Prep: 10 mins. Cook Time: 14 mins. Inactive Time: 2 hrs.)

### Ingredients

- 2  $\frac{3}{4}$  cups All Purpose flour, loosely packed
- 1 cup plus  $\frac{1}{2}$  TBS warm water
- 1 tsp regular baking yeast
- 1 tsp salt
- 1 TBS granulated sugar
- 1  $\frac{1}{2}$  TBS butter, melted



### Instructions

1. Add the warm water to a large bowl along with the sugar and yeast. Leave for a few minutes, then stir to dissolve the sugar and yeast in the water.
2. Add 1 cup of the flour and stir it into the yeast mixture. Then stir in the salt and melted butter. (Wait for the melted butter to cool a bit before adding so it doesn't kill the yeast.)
3. Stir in the remaining flour, mixing well together until everything is well mixed together and hydrated with no dry patches. Shape into a ball. (If dough is too wet to shape, knead a little more flour into it, until you can form a ball.)
4. Place into a clean bowl which has been lightly oiled. Cover the bowl with a damp tea towel or a piece of plastic wrap and set in a warm place to rise.
5. When the dough has doubled (roughly 1-1  $\frac{1}{2}$  hrs) pull the dough from around the sides of the bowl into the middle of the dough and then tip out onto a lightly floured surface. Shape into a ball and cut into 4 or 5 even pieces.
6. Shape each piece into a ball by pulling the edges toward the center. Tip the bowl back over them to leave to rest for about 8 minutes. This will help keep them from drying out and prevent the dough from shrinking back into itself when you finish shaping them.
7. After 8 minutes, take each ball of dough and flatten it to a circle with the palm of your hand or a rolling pin. (I use my hand- easy.) The circle should be about 4 inches across.
8. Place onto a baking sheet that you have lined with parchment paper. I like to arrange them close together, slightly touching each other, so that they finish off with a "pull apart" roll look when done and baked.
9. Cover with a floured tea towel or plastic wrap and set aside in a warm place to rise for 60 minutes.
10. Preheat the oven to 460 degrees Fahrenheit.
11. Carefully remove the covering and pop the tray of rolls into the heated oven and bake for 12 to 14 minutes, checking them after 10 to make sure they are not burning. They should be a deep golden brown in color.
12. Slide the parchment paper with the rolls on it onto a wire cooling rack so that the bottoms do not get soggy. After 5 minutes cover lightly with a clean tea towel. This helps them remain nice and soft for longer.
13. Enjoy as you will.

Have any Scottish recipes you'd like to share? If so, we'd love to try them. Send them to [ancientheart9@gmail.com](mailto:ancientheart9@gmail.com). Until next time, Slainte mhath! Cheryl

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## Some Scottish History

### Clan Fraser Regimental Flag at Culloden – April 1746

Contribution by John Fraser III

The '45: Flag of Fraser Regiment commanded by Charles Fraser of Inverallochy Lord Lovat was approximately 80 years old when Prince Charles landed in the Hebrides. The Fraser regiment was raised from the Lovat Fraser lands in October 1745. It was 500 strong (with the Chisholms) at Falkirk and 600 strong at Culloden, where it was stationed on the right center of the front line.

The regiment was led by James Fraser of Foyers, leading the Frasers raised from Stratherrick, the lands south of Loch Ness. The Master of Lovat was not at Culloden, but was in the process of moving through Stratherrick raising more troops. The overall commander at Culloden was Lieutenant-Colonel Charles Fraser the Younger of Inverallochy.

The regimental flag at Culloden is reproduced here. The arms on the flag are those of Charles Fraser of Inverallochy, not the Lovat arms; this flag is based on the short description of a flag captured at Culloden and included in the list of captured flags prepared by Lieutenant Hugh Wentworth.

Flag of the Frasers carried at Culloden



By David of Not By Appointment  
<http://nba-sywtemplates.blogspot.co.uk/>

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From Jerry Cornwell

### The Frasers, with a little help from their fellow Clans, and the founding of America.

#### 1. America's First Minutemen

As we prepare to celebrate 250 years of the birth of the United States of America, the greatest nation on earth, I'd like to share the stories of how Frasers and fellow Highlanders contributed to the founding of America. Without these men's bravery and accomplishments, our history may be different than what it is today. With the French and Indian Wars setting the stage for alliances between Indian and European Nations and geographical lines drawn, the American Colonies were being formed with the help of these brave Frasers and their fellow Highlanders. You may have heard of General Hugh Mercer, Captain John Paul Jones, and the two signers of the Declaration of Independence James Wilson and John Witherspoon, all born in Scotland, but have you ever heard of America's first Minutemen?

Around forty years before New England's Minutemen fought for this country's independence, there were the Scottish Highlanders on the Southern Frontier in the Colony of Georgia. Rumors of war with Spain and impending invasion grew in 1736. A large invasion fleet with over 1,000 troops set ready to sail in Cuba. The plan was to invade not just Georgia but also Charles Town, South Carolina, with the goal of capturing all the land for Spain.



General Oglethorpe, the *de facto* leader of Georgia, knew he couldn't rely on the current immigrants for the new colony's protection. In 1736 he left to recruit more immigrants for the task. He chose the Highlanders not just for protecting the southern frontier of the colonies but also for their expertise in farming and lumbering. They needed soldiers/citizens who could be just as productive when building a community with a saw and a plow as they were defending it with a weapon.

So, on September the 18th of 1738, five transport ships carrying General Oglethorpe's newly formed 42<sup>nd</sup> Regiment of Foot, 300 soldiers and roughly the same number of women and children, arrived at St. Simons Island. This last arrival brought the strength of the 42<sup>nd</sup> to 681. It consisted of British regulars from other regiments and the Highlanders. The Colony's Southern Frontier forts were now staffed by Highlanders from the Altamaha River at Darien to Saint Mary's River on Amelia Island, which is now in Florida.

Before dawn on Nov. 13, 1739, about a dozen Yemassee Indians along with their Spanish allies drew first blood. They lay waiting on the Northwestern side of Amelia Island. As two Highlanders came out of the fort and up the sandy path to collect firewood for breakfast, the war party shadowed them. Suddenly a volley of shots rang out, killing the two Highlanders. The war party quickly took to the gruesome task of decapitating and mutilating the bodies and with heads in hand, they safely escaped. So started The War of Jenkins Ear, a part of the War of the Austrian Succession. War raged for 3 years, with failed attempts to invade Florida and capture Castillo de San Marcos in Saint Augustine, Florida.

Then on July 5th of 1742, the highly outnumbered Highlanders were put to the test. After a heavy naval battle between Spain and England, with the help of colonial ships, the Spanish were able to land a 5,000-soldier invasion force on Saint Simons Island. Around 9 am on the 7<sup>th</sup> of July a Ranger scouting party spotted an advance recon group of Spanish soldiers numbering a little over 100, a mile and a half from Fort Fredrica. The Rangers alerted the fort and soon General Oglethorpe on horseback proceeded out of the fort with 40 Highlanders running alongside.

On the way the General and the Highlanders met up with the South Carolina Rangers, English Rangers, and their Indian allies of Chickasaw, Yamacraw, and Creek. The Spanish, being faced with a Highlander Charge for the first time, together with the Indians in a similar charge, either surrendered or ran, but a few stood and fought. Thirty-six Spaniards were either killed, captured, or went missing. The British forces lost only one man, who was a Highlander who died of heat exhaustion.

After regrouping around 3:00 pm that day, The British forces ambushed a larger Spanish force along the marsh area, which is known today as the Bloody Marsh. The battle raged. While three platoons of British regulars ran, the South Carolina Rangers and Highlander Units stood their ground and fought. With reinforcements led by General Oglethorpe from the fort, including the three platoons that earlier left, the British forces won the hour-long battle. The Spaniards were pretty much shell shocked by the first battle in the creek bed by, as they put it, "being almost trampled by a nondescript group composed as a few horsemen, a half-dozen white men in skirts, and numerous painted Indians." Of note is that history records that the Indians, not the Scots, wore paint. Sorry Mel.

Other than a few skirmishes and a little bit of skullduggery on the British side, no other major engagements happened and by the 16th of July the Spanish had sailed back to Florida. The Spaniards didn't return to attempt another invasion. It is safe to say that due to the Scottish Highlanders, America's first Minutemen, on our Southern Frontier we had 13, not 11 original Colonies.

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## Jokes and Cartoons

More submissions from the Haggis Wildlife Foundation, "The Haggis Forgotten Realm":  
<https://www.facebook.com/reel/1047549450321839Forgotten>

And “The Scottish Sea Haggis”: <https://www.facebook.com/reel/2628274947519311>

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## Fraser Groups on Facebook

**Clan Fraser Society of North America** <https://www.facebook.com/groups/cfsnaofficial>  
Clan Fraser of Lovat <https://www.facebook.com/pages/Clan-Fraser-of-Lovat/110920735625678>  
General Scottish clans and families <https://www.facebook.com/groups/scottishclans/?fref=nf>  
Clan Fraser Society of Scotland and the United Kingdom [http://fraserclan.net/?page\\_id=44](http://fraserclan.net/?page_id=44)

**Our Clan’s Website is** <http://www.cfsna.com>. This is the place to locate games and festivals where the society will participate or sponsor a tent. You will also find historical information and other interesting facts about Clan Fraser on the site, as well as **past issues of The Nessie**. Those who enjoy social media should visit CFSNA® on Facebook and join the group to converse with other members!

The website of **Clan Fraser of Lovat**, hosted by Simon Fraser, 18<sup>th</sup> Lord Lovat, is <http://clanfraser.org/>  
That of **Lady Saltoun**: <http://fraserchief.co.uk/>

## Clan Fraser and Clan Fraser societies around the world . . .

Clan Fraser Society of Australia (<http://clanfraseraustralia.org>)  
Clan Fraser Society Scotland & the UK (<https://fraserclan.net>)  
Clan Fraser Association for California (<http://www.fraserclan-cal.net>)  
Council of Scottish Clans & Associations: <https://www.cosca.scot>  
Clans & Scottish Societies of Canada: <http://www.cassoc.ca/>

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For a complete list of **CFSNA® Officers, Commissioners, and Conveners**, see  
<https://www.cfsna.com/fileaccess.cfm?filename=CFSNA%20LEADERSHIP%20TEAM.pdf>

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## Membership in Clan Fraser Society of North America

Please note that if your dues are significantly in arrears, we must remove you from the member list, and from The Nessie distribution list. Please keep your membership up to date! See application, below.





# THE CLAN FRASER SOCIETY OF NORTH AMERICA®



## Membership Application PLEASE PRINT or Edit with PDF

### Qualification for Membership:

- Regular Member – Any person of Scottish ancestry bearing the name Fraser in any of its various forms and spellings, or any Sept name of the Clan Fraser, including the spouse or descendant of such person. For a complete list of the Septs, see <https://cfsna.com/memberships.htm>.

- Associate Member – Any person not of the surname of Fraser or its septs but who have legitimate interest in the purposes and objectives of CFSNA®. Associate members shall not have a vote on the Executive Committee or in general elections of the Society.

- Life Membership – Current Regular members in good standing may at any time apply to become life members. Family Life memberships will include the spouse and also dependent children only for the period they are considered dependents (per IRS definition). Life memberships will be subject to approval by the Board. Total life memberships will not exceed 15% of the total membership. Life membership may be bestowed by the Board, at no cost to the individual, for anyone that they deem has made a significant contribution to the success of the society and its purpose.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Spouse: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: Street/PO Box: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Member Phone: \_\_\_\_\_ Spouse Phone: \_\_\_\_\_

### *Please check correct membership Type*

☐ Regular Member & my relationship to Clan Fraser is: \_\_\_\_\_ or ☐ Associate Member

Please indicate particular Clan Fraser interest – selection implies sharing of email with other members

- |                                                             |                                                                                 |
|-------------------------------------------------------------|---------------------------------------------------------------------------------|
| <input type="checkbox"/> Assisting at tent at Highland Game | <input type="checkbox"/> Clan Fraser Social activities or travel                |
| <input type="checkbox"/> Genealogy & Family Trees           | <input type="checkbox"/> Highland Music <input type="checkbox"/> Play bagpipes? |
| <input type="checkbox"/> Clan History                       | <input type="checkbox"/> Highland Cooking                                       |
| <input type="checkbox"/> Highland Dancing                   | <input type="checkbox"/> Highland Games & my Sport(s):                          |
| <input type="checkbox"/> Scotch Whisky                      | <input type="checkbox"/> Clan Literature (books, articles, etc.)                |
| <input type="checkbox"/> Other _____                        | Please feel free to write on the back of this form.                             |

Annual dues for Society membership are \$20 USD (\$25 CND) per family including children under 18. The first year's dues should be included with the application. Dues for renewal of membership will be payable by the end of anniversary month of the date of membership and should be submitted with a newly completed membership application to allow for verification and updates to the CFSNA® database. Failure to pay dues or update contact information in a timely fashion will result in expiration of your membership.

Select one: ☐ New Member ☐ Renewing Member ☐ Former Member & last year paid: \_\_\_\_\_

Amount: \_\_\_\_\_ ☐ Cash ☐ Check # \_\_\_\_\_ ☐ Square (Add \$2 service fee) ☐ PayPal (Add \$2 service fee)

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Mail to: CFSNA, C/O Mary Lumpkin at 118 Juliet CIR, Cary NC 27513  
Or Save to Desktop then Email the PDF to: [Membership@CFSNA.COM](mailto:Membership@CFSNA.COM)

Last Revised: February 23, 2024

The new CFSNA® policy is that membership and renewals are due **any month of the year** and are good for one year. Have you renewed your membership sometime this year? To renew, go to <http://cfsna.com/upload/Membership%20Application%20Revised%202021-09-22.pdf> or fill out this form, and mail Mary Lumpkin with a check for your dues.

**Clan Fraser Society of North America® (CFSNA®)**  
**CY2025 Officer Self-Nomination Form**

**Self Nomination:**

I offer my name in consideration for nomination as CFSNA® Chairperson

I am a member in good standing and have been for at least 1 year.

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Return by October 15, 2025**

Email: [vicechair@cfsna.com](mailto:vicechair@cfsna.com)